



Children's Nutrition NEWSLETTER

January 2024



Happy New Year! Welcome to the **Children's Nutrition Team January Newsletter!**

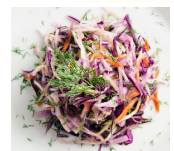
We hope you had a lovely festive break and are ready for the start of the new school term!

Seasonal produce tends to be cheaper and more readily available. Here are our top tips for some of the best **produce in season in January:**

We don't often think about fish as being seasonal produce but they are! In January **mackerel** is in season. Mackerel is an excellent oily fish full of essential healthy fats and omega oils which our bodies need for heart and brain health.

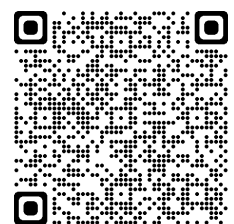


There are lots of root vegetables in season during the Winter months. Why not try something different such as peppery **kohlrabi** or sweet **salsify**? These veggies can be prepared and eaten like most other roots and cabbages. Try kohlrabi raw, sliced thinly and mixed with grated carrot, a thinly sliced onion and a squeeze of lemon juice in a low fat mayonnaise dressing for a fresh winter slaw.



Apples and pears are in season in January. These fruits are a great healthy snack option eaten raw. **Rhubarb** is also in season in January. Rhubarb is best stewed down with a little water for a fruity compote to serve alongside low fat yoghurt or porridge. Why not try stewing a rhubarb, apple and pear compote mix?

In the colder months **stews and soups** are easy and cheap meals to warm you up and keep you feeling fuller for longer. Scan the QR code to visit our website for some of our favourite recipes including slow cooker recipes like hardy winter stews:



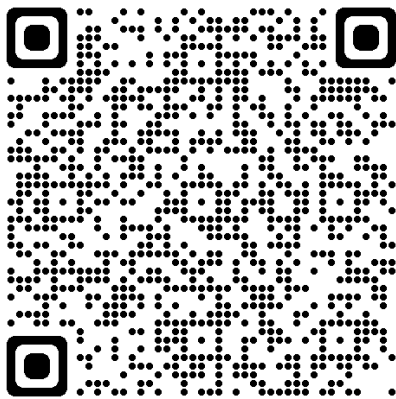
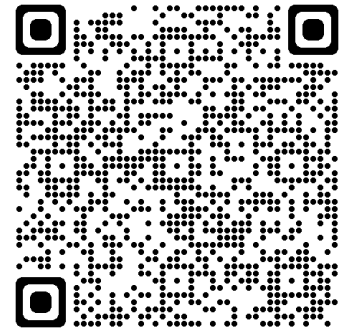


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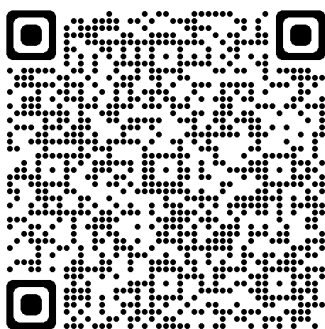
January is traditionally a time for setting New Year's Resolutions. It's common to see goals set around health and wellbeing. The best way to approach change is to set **Specific, Measurable, Achievable, Relevant and Timely** goals, or **SMART** goals.

If we are thinking about healthy eating, especially after over-indulgence throughout the festive season, the best way to achieve a balanced diet is to base it on the **Eatwell Guide**. Scan the QR code to check out our resource on the Eatwell Guide.

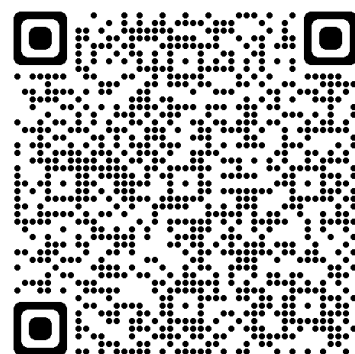


January can be a bit of a financial struggle after the festive period. Check out our **Top Money Saving Tips for your Kitchen** with information about batch cooking, use-by and best before dates, and ideas for how to use up leftovers.

For ideas for healthy recipes check out our **FREE Cook with Jack cookbook** from Bite Back 2030, by scanning the QR code below:



For more information, resources and recipes, visit our website by scanning the QR code below:





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Recipe of the Month: Dhal Curry



Ingredients

- 2oz (50g) moong dahl (washed) or split lentils
- 7oz (175g) basmati (or long grain) rice
- 6-7 cloves garlic, chopped or crushed
- 2 tablespoons chives, chopped
- 1 teaspoon lemon juice
- 2 teaspoons oil
- 3oz (75g) onion, sliced
- ½ inch (1.25cm) piece cinnamon stick
- 1 teaspoon cumin seeds
- ½ tablespoon low fat **yoghurt (Dairy)**

Serves: 4

Prep Time: 25-30mins

Cooking Time: 25 mins

Method

- Wash the moong dahl and rice together and soak them for 15-20 minutes, drain well and put to one side.
- Mix the garlic with chives and lemon juice in a small bowl and keep this mixture to one side.
- Heat the oil in a medium sized heavy or non-stick saucepan and add the onions, cloves, cinnamon stick and cumin seeds. Fry until the onion is golden and stir in the yoghurt.
- Add 15floc/425ml of water. As soon as the water comes to the boil, add the rice and moong dahl mixture, reduce the heat, cover with a well fitting lid and simmer for 10-12 minutes.
- Make 2-3 deep dents in the surface of the rice with a tablespoon and gently drop the garlic and chive mixture into them, then cover it up with the rice.
- Cook covered for a further 7-8 minutes. Let the dish stand for a few minutes before serving.
- Serve with rice or your favourite wholemeal bread.

Disclaimer; Allergens are highlighted in bold. Please check the labels carefully.



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Current services and offers from the Children's Nutrition Team

JUMPS 4 Life is a healthy lifestyle course for families with children aged 4-16 years who are above a healthy weight and meet one of the following criteria:

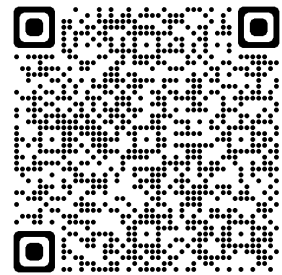
live in Tameside, have a Tameside GP, or attend a school in Tameside

The course runs over 10 weeks, with follow-up at 6 months and 1 year.

The first week is a face-to-face appointment to introduce the course and understand what you would like to change during the course.

We offer weeks 2-9 as a face to face group session including an activity lead by a Tameside Active coach; or as remote learning where you will receive an email with a recorded session about nutrition and a recorded activity session, which you are asked to watch as a family. You will also receive a phone call at an arranged time with the Nutrition Advisor to discuss how you are getting on with the changes you are making.

Parents and carers who are interested in the JUMPS 4 Life course, can complete a self-referral form on behalf of their child. Professionals can also refer using the Nutrition & Dietetics referral form, both of which can be found on our website by scanning the QR code.



We work closely with many of the schools in Tameside on the **Food 4 Life Award** which focusses on schools meeting the guidelines for healthy, balanced school dinners, as well as having excellent healthy eating practices in school overall.

If your child's school doesn't currently have a Food 4 Life award and would like to work towards one with our team, please do encourage your school to get in touch with us at childrensnutrition@tgh.nhs.uk

The Children's Nutrition Team also offer **FREE training sessions** for any professionals who work with children and young people, centred around nutrition and healthy eating.

For more information about our upcoming training sessions please email us at childrensnutrition@tgh.nhs.uk



Various awards for childcare providers.





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Seasonal Activities



Keeping active can be more difficult in the winter months when its colder and darker out most of the time. But there are lots of activities we can do both at home and outdoors.

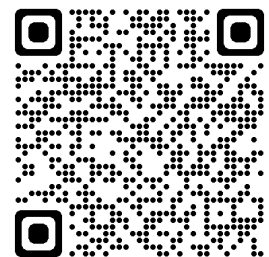
Try to **keep outdoor activity levels up** by going for walks and enjoying the crunchy leaves on the ground, splashing in puddles and playing in the snow. **Research shows that exposing your lungs to fresh air can help to relieve stress and anxiety.**

Come along for **Story Time at Dukinfield Library**. Sit back and listen to some of our favourite stories then join in with some colouring or try a jigsaw puzzle. Dukinfield Story Time is **FREE** and there is no need to book, just come along. Story Time is aimed at children aged 3-6 and their grown-ups. Saturday 13 January 2024 & Saturday 10 February 2024



Visit **The Vale in Mossley** for family friendly **FREE** craft workshops and Our Space garden sessions on Saturday mornings. For more information visit www.the-vale.co.uk

For more information about activities in your area visit the **InTameside website** by scanning the QR code





Physical activity for children and young people (5 – 18 Years)



BUILDS
CONFIDENCE &
SOCIAL SKILLS



MAINTAINS
HEALTHY
WEIGHT



DEVELOPS
CO-ORDINATION



STRENGTHENS
MUSCLES
& BONES



IMPROVES
SLEEP



IMPROVES
CONCENTRATION
& LEARNING



IMPROVES
HEALTH
& FITNESS



MAKES
YOU FEEL
GOOD

Be physically active

Spread activity
throughout
the day

Aim for an
average of at least

60

minutes per day
across week

All activities
should make you
breathe faster
& feel warmer



PLAY



RUN/WALK



BIKE



ACTIVE TRAVEL



SWIM



SKATE

Activities to
develop
movement
skills, and
muscle and
bone strength
**ACROSS
WEEK**



SPORT



PE



SKIP



CLIMB



WORKOUT



DANCE

Get strong



INACTIVITY

Move more

Find ways to help all children and young people accumulate an average of at least 60 minutes physical activity per day across the week



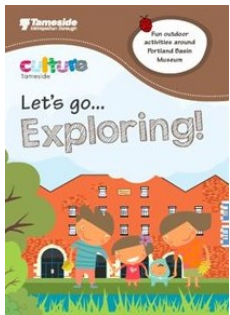
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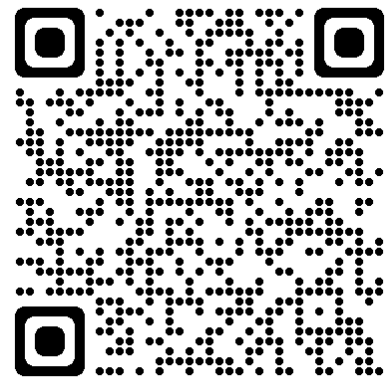
Physical Activity



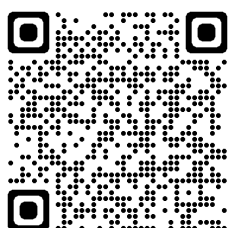
When we are looking for more structured activities, it's important that we find and follow **appropriate exercise regimes** which account for individual needs, abilities and age. Here are some of our favourite reliable resources for **appropriate activities for children and young people**:



Tameside Council have put together some **family walking trail** resources for exploring local parks and woodland, whatever the weather! These include family friendly activities including outdoor games and things to spot around the local area. Scan the QR code for more information and to find a trail near you!



Your local **Active Tameside** centre run regular sessions for all ages and abilities. Visit the website for timetables and further information www.activetameside.com



Keep active at home by following these NHS Healthier Families **10 Minute Shake Up Games**. Get the kids moving with these fun games inspired by some of their favourite Disney characters. These boredom-busting activities will help them reach the 60 active minutes they need every day!



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Mental health and wellbeing

Growing up isn't always easy and everyone has problems from time to time.

It's good to talk...

Sometimes all you need is to share how you feel with someone you can trust. Is there anyone you can talk to about how you are feeling?

Maybe:

Your family members or friends.

People at school – teachers, school counsellors, friends?

People outside of school – sports coach, dance instructor, club leader, someone from within your faith community?

Self-help

There are also plenty of ways you can help yourself to feel better at home. Finding ways to relax and unwind such as listening to music, or writing down your thoughts and feelings.

SilverCloud[®]
by Amwell[®]

Is your child or teenager struggling with worry or anxiety?



Digital mental health programmes can help to support.

The SilverCloud[®] by Amwell[®] parenting programmes are here to support parents and caregivers of anxious children and teens aged 12-18.

Evidence based and built on Cognitive Behavioural Therapy (CBT), psychoeducation and positive psychology, the programme will help you understand your child's anxiety and give you tools to support them to manage feelings of anxiety and worry.



Easy to use

Available online 24/7. Accessible on your phone, tablet or laptop wherever you need.



Proven to work

Evidence based that have already helped over 1 million people to think and feel better.



Right for you and your child or teen

Private, judgement-free and tailored to your needs.

Ask your healthcare specialist or find out more here:



amwell

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Kooth is a free, safe and anonymous online platform providing digital mental health and wellbeing advice, support, and guidance to all young people aged 10-18 (up to 19th birthday).



Through the website young people can access live 1-2-1 chat sessions and 24hr messaging with qualified practitioners, access moderated peer-to-peer discussions, and receive self-help with mini-activities, goal setting, and a personal journal.

Children and young people can self-refer, with no thresholds to access the service, and no waiting lists.

Join at <https://www.kooth.com>